

Physical Activity Readiness Questionnaire

Par-Q is designed to help you help yourself. Many health benefits are associated with regular exercise. The completion of PAR-Q is a sensible first step to take if you are planning to increase the amount of physical activity in your life.

For most people physical activity should not pose any problem or hazard. PAR-Q has been designed to identify the small number of adults for whom physical activity might be inappropriate or those who should have medical advice concerning the type of activity most suitable for them. If you are over 69 years of age, and you are not used to being very active, check with your doctor.

Common sense is your best guide in answering these few questions. Please read them carefully and check the Yes or No opposite the question if it applies to you.

YES NO

1. Has your doctor ever said you have a heart condition and that you should only do physical activity recommended by a doctor?
2. Do you feel pain in your chest when you do physical activity?
3. In the past month, have you had chest pain when you were not doing physical activity?
4. Do you lose your balance because of dizziness or do you ever lose consciousness?
5. Do you have a bone or joint problem that could be made worse by a change in your physical activity?
6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?
7. Do you know of any other reason why you should not do physical activity?

If you answered YES to one or more questions:

- If you have not recently done so, consult with your personal physician by telephone or in person **BEFORE** increasing your physical activity and/or taking a fitness appraisal. Tell your physician what questions you answered **YES** to on PAR-Q or present your PAR-Q copy.
- After medical evaluation seek advice from your physician as to your suitability for:
 1. Unrestricted physical activity starting off easily and progressing gradually.
 2. Restricted or supervised activity to meet your specific needs at least on an initial basis. Check in your community for special programs or services.

If you answered NO to all questions:

- If you answered PAR-Q accurately, you have reasonable assurance of your present suitability for:
 1. A **GRADUATED EXERCISE PROGRAM** – a gradual increase in proper exercise promotes good fitness development while minimizing or eliminating discomfort.
 2. A **FITNESS APPRAISAL** – The Canadian Standardized Test of Fitness (CSTF)
- Postpone a **GRADUATED EXERCISE PROGRAM** or **FITNESS APPRAISAL** if you have a temporary minor illness, such as a common cold.

Reference: PAR-Q Validation Report British, Columbia Ministry of Health 1978
Produced by the British Columbia Ministry of Health and the Department of National Health and Welfare.